

Seminário de Investigação em Urbanismo | 2026

regenerative transitions - the power of urban planning

Prof Dr Isabel Marcos, Prof Dr Carlos Smaniotto Costa

Time: **21st to 23rd April - 18:00 - 21:00**

Room: **Sala D.2.5**

Meeting link: [Microsoft Teams | Meet-up-Join](#)

Objectives

- Discuss the current unsustainable urban development and explore planning approaches for inclusive, resilient and smart cities
- Understand the shift from linear urban metabolism to regenerative systems (water, soil, energy, food, biodiversity)
- Better understand the role of the urban planner in regenerative transition and urban transformation
- Discussion on connections between theory, participation, and action
- Collectively create a catalogue of ideas

Programme

Day 1 – Framing regenerative transition

1.1. Inputs

- **Isabel Marcos:** Regenerative transition from a situated reading of the territory
- **Constança Belchior e Sandra Marques,** LÚCIDA / Regenesis Europe: taking a regenerative approach to urban planning
- **Sandra Godinho,** Câmara Municipal de Lisboa: Regenerative Approach - From citizen participation to listening to the place

1.2. **Lab 1** Brainstorming **What is the potential of regenerative transition?**

- Identify problems and develop potential ideas for a transition
- Define **regenerative development**, and how can we - as society and as planners - drive the transition
- Identify simple but verifiable examples of regenerative transition, considering environmental media and other factors (i.e. water, soil, air, urban comfort, biodiversity, public health, land use and ownership)



Expected outcome

Selection of potential paths towards **regenerative transition** (to be further explored on day 2), with at least one entry each participant (and their justifications) for a good/bad planning practice

Day 2 – Co-creation of solutions for the Maria Droste Area

2.1. Inputs

- **Carlos Smaniotto:** *narratives for designing inclusive, resilient and smart cities*
- **Isabel Marcos:** *Maria Droste Area: analysis through five spatial registers*

2.2. Lab 2 From diagnosis to regenerative proposals for the Maria Droste Area

- Identify local challenges
- Compare different approaches and develop improvement proposals
- Build regenerative development hypotheses for the Maria Droste area and justify them

Expected outcome

First tailored proposals for a regenerative transition pathway for the Maria Droste Area, backed by the diagnosis, the different discussed approaches, and the regenerative hypotheses developed in the Lab 1.

Day 3 – Shaping the co-created responses

3.1. Inputs

- Carlos Smaniotto: **Game changing - the role of informal planning**

3.2. Lab 3 - Catalogue of planning options (Book of Ideas)

- Develop the framework for the catalogue, incl. contextualising the problems
- Identify solution paths
- Analyse the impact and assess their local effects
- Check the consistency of the proposals



3.3 Final Discussion

How can regenerative approaches be translated into credible urban planning practices? What role can urban planners play in a regenerative transition?

Expected outcome

A catalogue of planning options for a [regenerative transition](#), including good and bad examples, with short description and justification.

